



**Runwell Community
Primary School**

HEALTHY EATING POLICY

**This Policy was formally adopted by the Governing Body in
November 2024**

Policy to be reviewed every 3 years

Next review date November 2027

Summary of Recent Updates and Changes

Date	Description

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Our Vision

Runwell Community Primary School will be: a place for children to **Aspire** for excellence - a place for children to **Believe** in their dreams – a place where children can **Connect** with their learning.

At Runwell we strive to equip all pupils with the skills needed to meet their full potential through an innovative, specialised and knowledge rich curriculum. We are committed to providing a positive, safe and stimulating environment for children to learn, where all are valued. We believe it takes teamwork to prepare our pupils for success, our teachers, staff, parents and community are committed to achieving this by working together with the pupils at the centre.

Our High 5 values of **kindness, bravery, hardworking, respect** and **honesty** promote the importance of being a global citizen and encourage a love for learning, enabling all children to succeed in their everyday lives.

Aims, Purposes and Responsibilities

- Why children need to eat well.
- What children eat today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love. <http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eatwell/>

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

Why a policy is needed?

At Runwell we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health and wellbeing through healthy eating.
- How our school community can support our children to make healthy food choices

We aim to

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.

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- To equip pupils with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices based on their nutritional understanding
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning.
- The lead governor on health and safety ensures the policy is implemented.
- Our kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the dinner menu for the term and this is shared with the children in advance.

This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

Behaviour: Children who eat healthily are more focussed on their work and behaviour is better

PSHE: Healthy food and choices and practical food education is included in the curriculum

Science: Healthy eating and nutrition is part of the science curriculum

Enrichment: Hands on opportunities for children to prepare and cook food.

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Equality: We take account of the needs of all our children, including those with disabilities and allergies

Curriculum assessment

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and enrichment.

School lunches

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals are available over a week/ term / year. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and/or the 'Eatwell Plate' and compliant with the School Food Standards. Fresh water will be available during the lunch period.

School meals at Runwell conform to government nutritional guidelines with less sugar, fat and salt and fresher fruit and vegetables.

A copy of the weekly menu is on display on the school website, and is sent home, via the school newsletter. The menu is also available via the School Office if required.

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

All of our Foundation Stage and Key Stage 1 pupils can enjoy a school dinner instead of a packed lunch, there is no charge for this.

The school provides for variety in diets including religious and cultural traditions, allergies and pupils who are diabetic. The school can work with our families to support children's dietary needs.

When children move in to Key Stage 2 (year 3 and above), they will be eligible for free school meals if the parent/carer is in receipt of one of the following:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- Income Support
- Income-based Job Seekers Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (provided you are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Support under part VI of the Immigration and Asylum Act 1999
- Guarantee Element of State Pension Credit
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Children, who receive these benefits instead of through a parent or guardian can also get a free school meal

If parents/carers are not in receipt of any of the above, there will be a small charge for a school dinner. This cost is reviewed annually

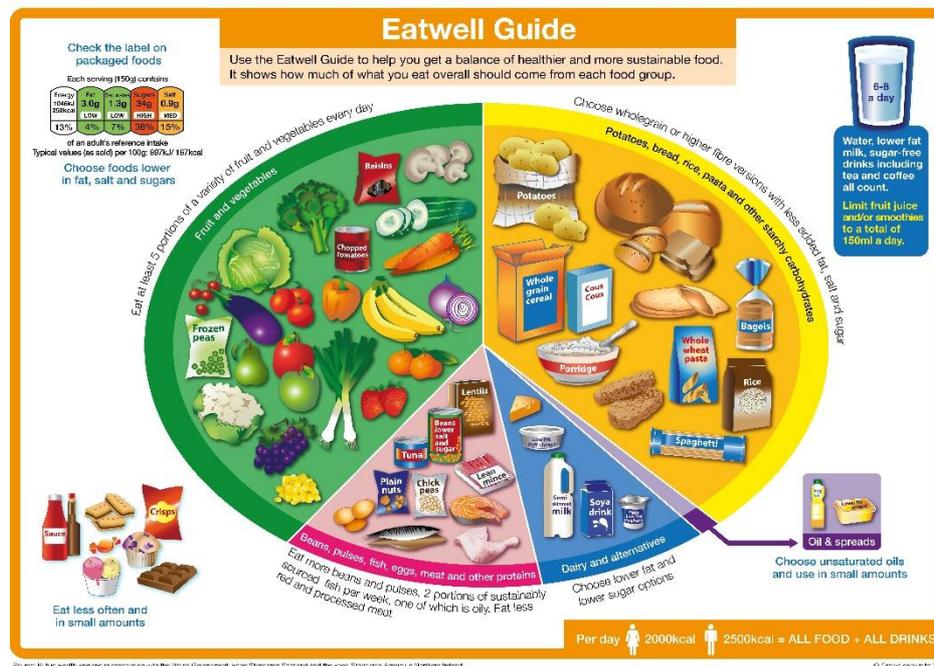
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Packed Lunches

Aim

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours to encourage healthy food choices for our future generation.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) are consistent with the nutritional standards based on the 'EatWell' plate model (See below) and the School Food Trust guidelines.



Source: <https://www.gov.uk/government/publications/the-eatwell-guide>

What should be in a healthy lunchbox?

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives a parent or carer control over the foods and ingredients included.

A school lunchbox should:

Be based on starchy foods

- This can include potatoes, bread, pasta, rice, couscous, wraps, pitta and chapatti. Where possible wholegrain varieties should be chosen, e.g. wholemeal bread and leave skins on potatoes.

Include plenty of fruit and vegetables

- Include 1-2 portions and vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- You could also include packs of chopped fresh fruits or individual packs of dried fruits.

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Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

- Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a salad.
- If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add a yogurt or some cheese, such as a Cheddar stick, to the lunchbox.
- If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

Please visit the following websites for further information and suggestions for packed lunches:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

<https://www.bda.uk.com/resource/healthy-packed-lunches.html>

Packed lunches should not include:

- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Crisps with a lower fat and salt content should be limited to no more than a small bag. A healthier alternative to crisps could include seeds, rice cakes or breadsticks.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally
- Fizzy or sugary drinks.

These expectations are overseen by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Waste and disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Monitoring

To promote healthy eating, class teachers, teaching assistants, learning mentors and midday supervisors will oversee the content of packed lunches, whilst undertaking their general duties during lunch time. In order to promote our healthy lunch policy, positive rewards may be allocated. Parents/carers may be contacted if the contents of a packed lunch is a concern.

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Snacks

EYFS & KS1

All Runwell snacks are provided for Reception, Year 1 and Year 2 classes during their morning break, this consists of a piece of fruit or vegetables. As part of promoting healthy eating children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away

Milk is provided free for under-fives.

KS2

Key Stage 2 children are asked bring in a healthy snack from home.

Below are some ideas for healthier break time snacks.

- Whole or sliced fruit.
- Vegetable sticks, e.g. celery, carrot, pepper, cucumber. Some vegetables are naturally baton shaped which can save you time preparing, for example, sugar snap peas and baby corn.
- Bag of plain popcorn.
- Bread sticks.
- Rice or corn cakes.
- Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school as a breacktime snack.

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time.

During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

Events and Celebrations

Children who demonstrate good eating habits and manners are nominated to be chosen for Top Table in the dinner hall.

We do not allow any food to be brought in for birthdays, but celebrate in class in different ways making children feel special. This encourages healthy practices alongside an inclusive approach.

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We have a number of fundraising opportunities throughout the year and limit cake sales to roughly one per term.

A letter is sent home before class parties reminding parents of the food policy and this includes a list of healthy snacks that they are encouraged to send in if they are able to do so. This takes place at times such as Christmas and at the end of the year.

Water for all

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy. We have water fountains in the playgrounds and children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

References and further reading

1. <https://www.phunkyfoods.co.uk/parents/>
2. Balance of Good Health (Food Standards Agency 2001) 2
3. School food plan (www.schoolfoodplan.co.uk)
4. Change 4 Life (www.nhs.uk/change4life)



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